Iron

Iron helps build red blood cells that carry oxygen to all parts of the body.

Key sources are:

Liver; Prune juice, tomato juice; Lean meat; Cooked dried beans and peas; Tofu (soybean curd); Dark leafy green vegetables, such as spinach, mustard and turnip greens; Whole grain and enriched breads and cereals; Nuts, nut butters.

Your body uses iron better if you get vitamin C at the same meal. *For example:* orange juice and whole wheat toast with peanut butter for breakfast.

Calories do Count

The nutrients that supply energy are protein, carbohydrate and fat. Energy is measured in *calories*. Virtually everything we eat or drink contains protein, carbohydrate and/or fat and thus supplies calories in varying amounts.

When you eat more calories than your body needs, the extra is stored as fat. If you eat fewer calories than your body uses, you lose weight.

Fat has twice as many calories per gram or per ounce as protein and carbohydrate. So cutting down on foods high in fat is a good way to cut down on calories.

Besides the *visible* fats that are easily identified, like butter, margarine, salad oil and the fat on meat, there are *invisible* fats, which provide just as many calories. Invisible fats are hidden in foods like nuts, poultry skin, pastries and whole milk and its products.

When you eat a low calorie diet, it is particularly important that you "eat smart". Choose those foods which give you the most nutrients for the number of calories. (This is called *high nutrient density*.)

Concentrate on whole grain or enriched cereal products, deep green and orange vegetables, fruits and vegetables high in vitamin C, lowfat milk, yogurt and cheese. Choose proteins which do not have a lot of fat. Select poultry with skin removed, fish, lean meat, eggs, dried beans and peas and lentils instead of a well-marbled steak.

Follow this Daily Guide

Eating a variety of foods every day and emphasizing the key sources of nutrients is the best way to meet your nutritional needs.

Here is a simple daily guide to good eating:

- Four or more servings of fruits and vegetables. Include a dark leafy green or deep orange vegetable and a citrus fruit
- Two or more servings of low fat milk, cheese or yogurt
- One or two servings of lean meat, poultry, fish, eggs, dried beans or peas
- Four or more servings of whole grain or enriched breads or cereal
- Butter, fortified margarine or polyunsaturated vegetable oils, depending on calorie level of diet

HOW DOES YOUR DIET CHECK-OUT? ARE YOU A SMART EATER?

The Pillsbury Company
EAT SMART® Nutrition Computer Program
Minneapolis, MN 55402

Pillsbury

EAT SMART®

FROM PILLSBURY

NUTRITION PROGRAM

Learn how to be a wise eater

A nutritionally-balanced diet includes foods that are good sources of the key nutrients.

The EAT SMART Program
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Concentrate on the Key Nutrients

Food is made up of different substances called nutrients, needed for growth and good health.

How can you be sure your diet has the necessary nutrients in the right amounts? A good rule of thumb is to check your diet for the *key* or *indicator* nutrients: protein, vitamin A, vitamin C, thiamine, riboflavin, niacin, calcium and iron. If you are getting these key nutrients from their best natural or lightly-processed food sources, you are probably getting adequate amounts of other nutrients as well.

Everyone needs the same nutrients, but often in different amounts. Your needs depend on your age, sex, size, activity level and state of health.

No one food does everything; all foods have something to offer. That is why it is important to eat a variety of foods to be sure you are getting all the nutrients you need.

Notice that some foods are good sources of several key nutrients. For example, dark leafy green vegetables have vitamin C, vitamin A and calcium. Whole grain breads provide protein, thiamine, riboflavin, niacin and iron. When foods like these are in your diet, you get a nutritional bonus.

Protein

Proteins are the major building blocks for constructing and repairing body tissues. There are two kinds of protein: *complete* protein, which comes from animal sources and has a good balance of the essential amino acids, and *partially-complete protein,* which comes from plant sources and is relatively low in one or more amino acids.

Sources of complete protein: poultry, meat, fish, milk, cheese, eggs.

Sources of partially-complete protein: dried beans and peas, lentils, tofu, nuts and seeds, nut butters, rice, whole grain breads and cereals.

Quality of a partially-complete (plant) protein food can be improved by combining it with a small amount of animal protein. Good examples are macaroni and cheese or a peanut butter sandwich on whole wheat bread and milk. Some partially-complete proteins, when eaten together, provide as good a balance of essential amino acids as animal protein. Good examples are rice and beans, baked beans and brown bread, split pea soup and cornbread.

Vitamin A

Vitamin A keeps skin clear and smooth, maintains good eyesight and helps resist infection.

Key sources are:

Liver; Deep orange fruits and vegetables, such as sweet potatoes, carrots, winter squash, cantaloupe, apricots, tomatoes, tomato juice; Dark leafy green vegetables, such as spinach, mustard, beet and turnip greens and broccoli; Egg yolk; Milk products, such as whole and fortified skim milk, cheese, yogurt.

Vitamin C

Vitamin C is used to build new cells and to help the body fight infections.

Key sources are:

Citrus fruits, such as oranges, lemons, limes, grapefruit and their juices; Other fruits such as melons, strawberries, avocados; Vegetables such as asparagus, broccoli, cabbage, dark leafy greens, green pepper, potatoes.

B Vitamins

The B vitamins — thiamine, riboflavin and niacin — help your body use food to give you energy.

Key sources are:

Whole grain and enriched breads and cereals; Lean meat, especially pork and liver; Poultry; Cooked dried beans and peas; Milk, cheese, yogurt; Eggs; Dark leafy green vegetables, such as spinach, mustard and turnip greens and broccoli; Nuts and seeds.

Calcium

Calcium builds strong bones and teeth and helps blood clot.

Key sources are:

Whole and fortified skim milk; Milk products, such as cheese, cottage cheese, yogurt, ice milk; Tofu (soybean curd); Dark leafy green vegetables, such as mustard and turnip greens and broccoli; Cooked dried beans and peas; Almonds.

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INVOICE ORDERS CAN NO LONGER BE ACCEPTED FOR THE POPPIN' SWAP® NUTRITION GAME.

While the current limited supply lasts, you can buy the classroom pack of 5 decks for $22 each, a 20% reduction from the regular price, when you use the order blank at the bottom of the page.

A proven way to make learning about nutrition fun. Winner of the 1975 *Family Circle* Gold Leaf Award for excellence in nutrition education. Used successfully in thousands of classrooms. Classroom pack of 5 decks includes pre- and post-tests. For grades 5 through adult.

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Send this special order with your check or money order, payable to The Pillsbury Company, to: POPPIN' SWAP® Game, The Pillsbury Company, Pillsbury Center, M. S. 3286, Minneapolis, MN 55402.

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TOTAL $ _____

Name _____ **Organization** _____

Address _____

City _____ **State** _____ **Zip** _____

RECEIPT

On _____ I sent check # _____ for $ _____ to POPPIN' SWAP® Nutrition Game, The Pillsbury Company, Pillsbury Center, M.S. 3286, Minneapolis, MN 55402 for _____ classroom packs and/or _____ replacement decks of the POPPIN' SWAP® Nutrition Game.

R-682

DATE_____

EVALUATION OF THE EAT SMART® NUTRITION PROGRAM

The Pillsbury Company would appreciate your comments on the EAT SMART® program. After you complete this mailer, simply fold it in half and tape or staple. No stamp is required.

1. How did you use the EAT SMART® program (classroom, health fair, etc.)?

2. What did you like best about the program?

3. Rate the supplementary materials by placing a "+" by those you found most useful, a "-" by those you found less useful and a "0" by those you did not use.

____EAT SMART® Program Manual
____Food Worksheet
____Food Substitution List
____"Learn How to Be a Wise Eater" pamphlet
____Key to EAT SMART® Program Comments
____Nutrient Compilations Book

Worksheets:
____Applying the Computer's Suggestions
____Being a Wise Eater
____Why You Eat What You Eat
____What Did the Computer Say?

4. Did you have any problems with operation of the program?

COMMENTS:

NAME_____TITLE_____

ORGANIZATION_____

ADDRESS_____

CITY_____STATE_____ZIP_____

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Minneapolis, MN 55402

KEY TO EAT SMART® PROGRAM COMMENTS

The EAT SMART® program gives users comments on their diets, based on the analysis of the foods entered. This key gives the criteria for each comment.

The EAT SMART® computer analysis is based on the Recommended Dietary Allowances (RDA) established by the Food and Nutrition Board, National Academy of Sciences-National Research Council. The RDA's provide generous amounts of nutrients needed for good health. (No RDA has been established for sodium or cholesterol.)

Based on the requirements for the user category entered, if the chosen foods supply:	**Computer's response:**
1. a. > 65% RDA for all nutrients b. < 100% calories c. < 125% RDA for protein	You're a smart eater! Your food choices provide more than 2/3 of the RDA for protein, minerals and vitamins, and the number of calories seems appropriate.
2. a. > 65% RDA for all nutrients b. < 100% calories c. > 125% RDA for protein	You've done well at choosing foods that provide more than 2/3 of the RDA for vitamins and minerals, and the number of calories seems appropriate.
3. a. > 65% RDA for all nutrients b. > 100% calories	Your food choices provided more than 2/3 of the RDA for protein, minerals and vitamins, but your calories seem high. Unless you are extremely active, you may have a weight problem. One way to cut calories is to eat less foods high in sugar and fat.
4. a. < 65% RDA for all nutrients b. > 100% calories	Caution: You're getting less than 2/3 of the RDA for protein, vitamins and minerals and more calories than you need. Learning more about good nutrition could help.
5. a. < 65% RDA for 2 or more nutrients b. < 65% calories	Your food choices provide less than 2/3 of the RDA for some nutrients, and your calories are low. It's best to choose a variety of foods such as fruits, vegetables, whole grain and enriched breads and cereals, dairy products and protein-rich foods.
6. < 65% RDA for protein	Your food choices supply less that 2/3 of the RDA for protein. Lean meat, fish, poultry, eggs, nuts and seeds, dried beans, milk and cheese are good sources.
7. > 125% RDA for protein	Your food choices supply more protein than you really need. You could eat smaller portions of protein-rich foods such as meat, fish, cheese and eggs.

<Less than
>More than

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8.	<65% RDA for vitamin A	Your food choices provide less than 2/3 of the RDA for vitamin A. Deep yellow fruits and vegetables such as carrots, sweet potatoes, apricots and cantaloupe are good sources. Egg yolk, liver and dark leafy green vegetables like spinach and turnip greens are also high in vitamin A.
9.	<65% RDA for vitamin C	Your food choices do not provide 2/3 of the RDA for vitamin C. Citrus fruits are your best sources. Strawberries, tomatoes, broccoli and potatoes supply vitamin C, too.
10.	<65% RDA for thiamine, riboflavin or niacin	You're getting less than 2/3 of the RDA for the B vitamins (thiamine, riboflavin and niacin). Good sources of B vitamins are whole grain and enriched breads and cereals, pork, milk, dark leafy green vegetables and dried beans and peas.
11.	<65% RDA for calcium	Your food choices provide less than 2/3 of the RDA for calcium. Sources of calcium are milk, cheese and dark leafy green vegetables (chard, turnip greens, mustard greens and kale). Choose lowfat dairy products if you are concerned about calories.
12.	<65% RDA for iron	Your food choices supply less than 2/3 of the RDA for iron. Iron-rich foods are lean meat, especially liver, dried beans and peas, whole grain and enriched breads and cereals, prune juice, dried and cooked apricots.
13.	User indicates category 3 - Pregnant female or 4 - Nursing female	During and immediately after pregnancy, you need more iron than your diet can provide. The Food and Nutrition Board suggests that you check with your doctor, who may recommend an iron supplement.
14.	>40% of calories from fat	You may want to note that you have selected foods high in fat. Many of your calories are coming from fat.
15.	>400 mg of cholesterol	If you are concerned about cholesterol, you may want to note the amount in the foods you've selected.
16.	>6000 mg of sodium	If you are concerned about getting too much sodium, note the amount in the foods you've selected. Adding table salt increases the amount.
17.	Snack entered at >2 snack times	Snacks between meals can supply you with nutrients that may be lacking in your regular meals. But be sure to watch your snacking - it's easy to get too many calories, too.

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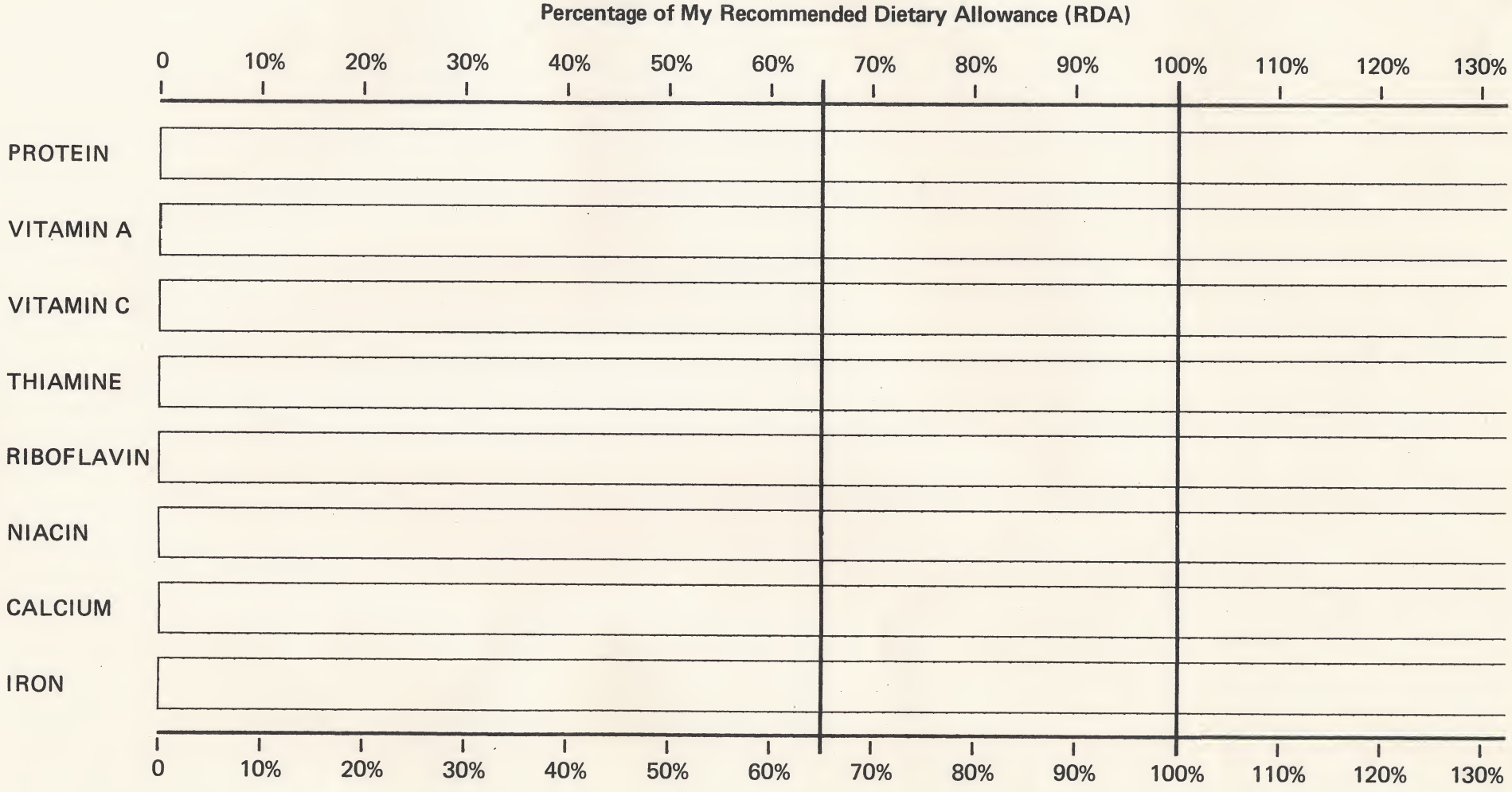
WHAT DID THE COMPUTER SAY?

1. Graph the TOTAL percentages from the computer analysis of your day's food choices below. Fill in the bar for each nutrient up to the percentage number of the RDA your food choices had.



This analysis of your food choices is based on the RDA's established by the Food and Nutrition Board, National Academy of Sciences-National Research Council. 100% of your RDA would provide generous amounts of nutrients needed for good health. The computer thinks that if the foods you selected supply 65% of the RDA's you've done well at choosing foods that provide the key nutrients.

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2. Were there nutrients for which you did not have at least 65% of the Recommended Dietary Allowance (RDA) for your age group? List each of these nutrients on the chart below, describe what the nutrient does in the body, and then list three foods that you would be willing to eat that are good sources of the nutrient. Use the "Learn How to Be a Wise Eater" booklet as a reference.

NUTRIENT	WHAT THE NUTRIENT DOES IN THE BODY	THREE FOODS YOU WOULD BE WILLING TO EAT THAT ARE A GOOD SOURCE OF THE NUTRIENT

3. What was your calorie total for the day? _____

Based on information from the Food and Nutrition Board, these are approximate average calorie needs for various age and sex groups for each day. The exact number needed by each individual will vary. The more active you are the more calories your body uses.

Child age 7 - 10	2400 calories	Nursing Female	2800 calories
Female 11 and older	2100	Male 11 - 18	2750
Pregnant Female	2400	Male 19 and older	2650

What changes might you want to make in your food choices or activities?

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EAT SMART®

FROM PILLSBURY

NUTRITION PROGRAM

PROGRAM MANUAL AND EDUCATOR'S GUIDE

Program Overview

DESCRIPTION:

The EAT SMART® nutrition computer program is an easy-to-use computer program that analyzes an individual's diet for one day. The program was designed to create awareness of key nutrients in the diet and ways individuals can improve their diets by making different food choices.

The analysis is given as a percentage of each user's Recommended Dietary Allowances (RDAs) for key nutrients and considers age, sex and special requirements of pregnant or nursing women. (The RDAs established by the National Academy of Sciences, National Research Council, 1980, provide generous amounts of nutrients needed for good health.)

AGE LEVEL:

junior high through adult

HARDWARE REQUIREMENTS:

- Apple® II computer, 48K
  Also can be used with:
  — Apple IIe (Program operates with "All Caps" key locked in on position.)
  — Apple III (You will need the Apple II Emulation program.)
- one disk drive, DOS 3.3
- monitor
- printer is optional

INCLUDED IN EAT SMART® KIT:

- One floppy disk for Apple II computer
  THE PROGRAM IS COPYRIGHTED. NO PROGRAM CHANGES OR ADAPTATIONS FOR OTHER COMPUTER EQUIPMENT ARE AUTHORIZED.
- EAT SMART® Program Manual and Educator's Guide—Explains operation of the EAT SMART® program and gives suggestions for use in an educational setting.
- EAT SMART® Food Worksheet (30 copies)—Lists all the food choices and their codes. To be completed by each user.
- EAT SMART® Food Substitution List—Lists items from the Food Worksheet with similar calorie and nutrient levels to items not included on the Food Worksheet.
- "Learn How to Be a Wise Eater" Brochure (30 copies)—Provides basic nutrition information and can be used as an aid in completing activity worksheets.
- Activity Worksheets:
  — "Applying the Computer's Suggestions": Presents specific situations dealing with the computer's suggestions to help users learn how to apply the information.
  — "What Did the Computer Say?": Helps users interpret the computer's analysis of their own diets. Users chart visually what the percentages mean and examine their own nutrient needs and calorie levels.
  — "Why You Eat What You Eat": Helps users examine what influences food choices.
  — "Being a Wise Eater...Today and Tomorrow": Provides an opportunity to set a goal based on results of the computer analysis.
- Nutrient Compilations Book—Complete listing of the nutritive values of all foods used in the program. The compilations are from U.S. Department of Agriculture Handbook No. 456 and Pillsbury's own extensive computerized data base.
- Key to EAT SMART® Program Comments—Listing of all possible suggestions the program can give users and the criteria for each suggestion.

Food worksheets and activity worksheets are copyrighted but may be photocopied or reprinted as written for use with the EAT SMART® program.

GUARANTEE:

The EAT SMART® nutrition computer program is covered by The Pillsbury Company's satisfaction guarantee. If you are not satisfied with the program, send the specific reason along with the approximate date of purchase, the purchase price and your complete name, address and daytime telephone number to Consumer Public Relations, M/S 3286, The Pillsbury Company, Pillsbury Center, Minneapolis, MN 55402.

Operating Instructions

Loading program on Apple computer without a printer

To start the EAT SMART® program, follow normal program loading directions for your Apple computer and disk drive. Additional instructions will appear on the screen as the program begins to load.

When the program asks, "Do you have a printer (Y or N)?", type "N" for no and press the "RETURN" key. The program will complete loading. Because of the extensive data base, total loading time will be approximately one minute.

Directions will appear on the screen for entering age and sex category and food choices.

Loading program on Apple computer with a printer

This program is designed to operate with the printer interface card in slot number one of your Apple computer.

To start the EAT SMART® program, follow normal program loading directions for your Apple computer and disk drive. Additional instructions will appear on the screen as the program begins to load.

When the program asks, "Do you have a printer (Y or N)?", type "Y" for yes and press the "RETURN" key. The program will then ask "Is your printer a parallel printer, Y or N?" Type "Y" and press "RETURN" if you are using a parallel printer. Type "N" and press "RETURN" if you are using a serial printer. When you answer "N", the program knows you are using a serial printer.

The program will then complete loading. Because of the extensive data base, total loading time will be approximately one minute.

Directions will appear on the screen for entering age and sex category and food choices.

This program has been written to work with most printers. However, if the program does not operate with your printer, it can simply be reloaded according to the directions above for an Apple computer **without** a printer and used with the video screen only.

Entering food choices

Each user should begin by first completing the EAT SMART® Food Worksheet, selecting a diet for one day. (See EAT SMART® Food Substitution List for additional food choices.)

The computer will accept food choice numbers from 1 through 136 **only**. If a user types a larger number and presses the "RETURN" key, the computer will not proceed, but simply wait for a correct number to be entered. In addition to whole servings, it will accept half servings up to 3.5 servings. (To enter a half serving, first press the "." key and then the "5" key.)

Correcting typing errors

If a user makes a mistake while typing in food choices or servings, the mistake can be corrected before the user goes on to the next meal.

If a user makes a typing error on a food choice or the number of servings and **has not yet pressed the "RETURN" key**, the error can be corrected by "backspacing" over the number and typing in the correct one. To backspace, press the key marked "←".

If a user makes a typing error on a food choice or the number of servings and **has already pressed the "RETURN" key so the entry is displayed on the screen**, the error can be corrected by pressing the backspace key (←) until the incorrect entry is removed from the screen. Each time the backspace key is pressed, the last entry displayed on the screen will be removed. When the incorrect entry has been removed, the user types in the correct food choice and serving. Any other entries that followed the incorrect one will have to be re-entered also.

Starting over in mid-program

If a user wants to stop analyzing a diet in the middle of the program and start over, this can be done by holding down the "CONTROL" key while pressing the "C" key. The program will go back to the beginning.

This **CANNOT** be done:

- while the printer is printing
- after the "EAT SMART® Suggestions to Improve Your Diet" have begun.

THE ANALYSIS

After each meal and for the day's total, the analysis will appear on the screen showing the percent of the Recommended Dietary Allowances (RDAs) for key nutrients, plus calories. The program also will give total milligrams of sodium and cholesterol and percent of calories from fat for the day's total. After the analysis, the computer will give comments on improving the diet.

TALLY FEATURE

The computer keeps track of the number of diets it analyzes and the comments it gives users. To obtain this information, type the word TALLY when the program's "title" (EAT SMART® NUTRITION PROGRAM) appears on the screen and press the "RETURN" key.

The first summary appearing on the screen shows the number of users by category. The second summary shows the number of times each comment on improving diets is given, by user group. The numbers 1-17 on the left of the chart correspond to the listing of comments given on the "Key to EAT SMART® Program Comments" sheet. The six groups shown on the top of the chart are the categories of users: group 1—children ages 7-10, group 2—females ages 11 and older, group 3—pregnant females, group 4—nursing females, group 5—males ages 11-18, group 6—males ages 19 and older.

(If you are using a printer, the program will ask, "Do you want a tally print-out?" Type "Y" for yes or "N" for no and press the "RETURN" key.)

The program will ask "Do you want to zero the tally?" (reset all numbers to zero). Type "Y" for yes or "N" for no and press "RETURN." If you answer "N", the computer will continue adding to the tally figures as additional users analyze their diets.

Whenever the computer is turned off or "reset" and the program is reloaded, the tally is automatically reset to zero.

GENERAL TIPS

Never try to remove or insert a program disk when the red light on your disk drive is on, because the disk can be damaged.

If you answer "Y" to the question, "Do you have a printer?", but **do not** have a printer connected in slot one, the program will stop during the analysis and will not continue. You will need to reload and answer "N" to the printer question.

If you press "CONTROL C" while the printer is printing, the program will stop, and you will have to reload and start again.

When the computer prints nutrient percentages for each food, it rounds the figure to the nearest whole number. But when it provides the totals for the meal and the entire day, it does not simply add up these numbers. Instead, it actually recomputes a new percentage, based on adding the units of each nutrient in the foods. This method provides the **most accurate** percentages for the totals, but means that the figures may be slightly different from the total you would get if you simply add the rounded percentages.

FOR MORE INFORMATION:

If you have questions about the EAT SMART® program, write Consumer Public Relations, M/S 3286, The Pillsbury Company, Pillsbury Center, Minneapolis, MN 55402, or call 612-330-8732.

North Park Elementary School
Columbia Heights, Minnesota

Educator's Guide

The EAT SMART® program can be used as a complete teaching unit or integrated into other units, such as food, nutrition, consumerism or health. You may find the following ideas helpful when using this program in your own educational setting.

EAT SMART® GOALS

To help students:

- become aware of key nutrients needed in their diets.
- learn foods that are good sources of nutrients.
- identify ways to improve food choices.
- learn a process for using a computer to analyze their food choices.

CONCEPTS

- Many kinds and combinations of foods can provide a nutritionally adequate diet.
- Each nutrient has specific uses in the body.
- Food use relates to the cultural, social, economic and psychological aspects of living as well as to the physiological.

ADVANCE PREPARATION

Arrange for access to one or more Apple® II computers. Do a trial run to become familiar with the program. Duplicate copies of the worksheets for all your students.

TEACHING PLAN

Introduction

"A popular topic of conversation for people today is the latest diet that will help them lose weight. How do you think these diets rate? There are several different ways to analyze diets or food choices. One method you may have used is the Basic 4 or 5 Food Group plan. A more accurate method is to follow guidelines set up by the Food and Nutrition Board called the Recommended Dietary Allowances or RDAs. The RDAs provide generous amounts of nutrients needed for good health.

"The Pillsbury Company has developed an easy way using the RDAs to judge the food choices you make and see if you are a wise eater. Each of you will use the EAT SMART® nutrition computer program to analyze your own food choices. You'll also be doing some other activities to learn more about the food you eat."

Recording food choices

Distribute copies of the EAT SMART® Food Worksheet and have students complete the front side according to the directions. Suggest that students choose foods from this list that they might actually eat in one day. Another option is to ask the students to select foods they think are "good" choices. If foods students want are not on the list, you can help them make substitutions with nutritionally equivalent foods using suggestions on the "EAT SMART® Food Substitution List." (You can use this as a learning experience for the student.)

For students with questions about serving sizes, you may want to give a short demonstration with examples: 1/2 cup peas, 1 cup milk, 1 serving cereal, 3 oz. ham. (If more time is available, you could also have students dish or pour out their estimate of one serving, then measure to show the correct amount.)

Analyzing food choices with the EAT SMART® computer program

When students have completed the Food Worksheet, demonstrate the EAT SMART® program by doing a sample analysis or using one student's diet as an example. The nutrition analysis for each food item and each meal appears on the screen, so this is a good time to discuss RDAs and nutrients in individual foods.

At the end of the analysis the computer will give the total calories and the percentages of the RDAs for the entire day. (If you are not using a printer with your computer, the student should copy these onto the back of the Food Worksheet. The comments about the food choices should also be marked with a check.)

Each analysis will take about five minutes. The suggested method is to have students work at the computer two at a time, one reading his or her own food numbers, while the other types them.

Interpreting what the computer says
(worksheet activities)

While each student is using the computer, the others can complete the activity worksheets, which will help them understand and interpret the computer's analysis.

"Applying the Computer's Suggestions" can be done individually or in small groups, either before or after students have used the computer. "What Did the Computer Say?" is designed for students to complete individually after they have analyzed their diets. Both worksheets use the booklet, "Learn How to Be a Wise Eater," as a reference.

Analyzing influences on food you eat
(worksheet activity)

"Why You Eat What You Eat" is another activity which students can complete while others are working at the computer. It is designed to help students develop a broader understanding of their reasons for making food choices. Explain how to complete the worksheet and follow up with a discussion to make the activity most beneficial. You may find this worksheet most suitable for advanced students and adults.

Thinking more about making food choices
(worksheet activity and discussion)

"Being a Wise Eater...Today and Tomorrow" can be completed after they have finished the other activities. It encourages students to set a goal based on what they have learned. In addition to talking with students individually about their activities, you may also want to conclude with a class discussion using these suggestions:

- Which comments do you think the computer gave most often? (See the Program Manual to learn how to obtain this information.)
- Which nutrients were most often lacking?
- What are some foods which are good sources of these nutrients?
- What could be some implications if the nutrient is consistently low in the diet?
- Which reasons had the greatest influence on your food choices? (Based on "Why You Eat What You Eat" worksheet.)
- How do these influences affect your nutritional well-being?
- How do these food choices affect other family members? friends? the economy? natural resources?
- What are some of the things which make it hard to change your eating habits?
- What do you like about the food choices you now make? Why?
- What would you like changed? Why?
- Does anyone want to share the goal he or she set?
- What could we do to help you meet your goal?

Evaluation and follow-up activities

Have students:

- change some of their food choices and anaylze them again to see if they meet the RDAs.
- interview family members and analyze their food choices.
- plan a diet which meets the Basic 4 or 5 and analyze it to determine if it is adequate according to RDAs.
- analyze snacks at a health fair.
- analyze a school lunch menu with the program.
- analyze the food choices of faculty and students in the school, then report the results to the school newspaper.

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BEING A WISE EATER . . . TODAY AND TOMORROW

Based on the computer's analysis of your food choices, how are you a wise eater?

What would you like to change about your food choices?

Why?

Set one goal for what you will do with what you learned from this analysis of your food choices:

(Examples: share the computer analysis with my family
eat more foods that are a good source of vitamin A
cut out the evening snack to reduce the calories I'm eating)

Why did you choose this goal?

By what day do you want to have this goal accomplished?

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EAT SMART® FOOD WORKSHEET

FILL IN THE CHART on the right with the code numbers of your food choices for one day. You can have up to *9 items for each meal and 4 items for each snack*. After each food number, indicate the number of servings or half servings. (You may have up to 3.5 servings.) Then follow the instructions on the computer screen for entering these numbers.

BREAKFAST	MORNING SNACKS	LUNCH	AFTERNOON SNACKS	DINNER	EVENING SNACKS
Example: 71–1 38–.5					

FRUITS

1 Apple (1)
2 Dried Apricots (10 halves)
3 Banana (1)
4 Cantaloupe (¼)
5 Grapefruit (½)
6 Grapes (½ cup)
7 Orange (1)
8 Canned Peaches (½ cup)
9 Pineapple Chunks (8)
10 Fresh Plum (1)
11 Sliced Strawberries (½ cup)
12 Watermelon (1 cup)

BREADS AND CEREALS

13 White Bread or Toast (1 slice)
14 Whole Wheat Bread or Toast (1 slice)
15 Baking Powder Biscuit (1)
16 English Muffin (1 whole)
17 Dinner Roll (1)
18 Banana Bread (1 slice)
19 Bran Muffin (1)
20 Corn or Wheat Flakes with Milk (1 cup cereal, ½ cup milk)
21 Frosted Flakes with Milk (1 cup cereal, ½ cup milk)
22 Oatmeal with Milk (1 cup cereal, ½ cup milk)
23 Pancakes (3), Margarine and Syrup
24 Waffle, Margarine and Syrup
25 Doughnut (1)
26 Sweet Roll (1)
27 Crackers (2)
28 Wheat Germ (1 Tbsp.)

SOUPS

29 Cream of Tomato (1 cup)
30 Beef and Vegetable (1 cup)
31 Chicken Noodle (1 cup)
32 Cream of Mushroom (1 cup)
33 Lentil (1 cup)

MAIN DISHES/SANDWICHES

34 Fried or Scrambled Egg (1)
35 Poached Egg on Toast (1 egg, 1 slice)
36 Omelet (2 Eggs)
37 Hard Cooked Egg (1)
38 Bacon (2 slices)
39 Fruit Yogurt (8 oz.)
40 Plain Yogurt (8 oz.)
41 Hamburger and Bun (3 oz.)
42 Hot Dog and Bun (2 oz.)
43 Cheddar Cheese (1 oz.)
44 Tofu (3 oz.)
45 Tuna Sandwich (½ cup tuna salad, 2 slices)
46 Peanut Butter Sandwich (2 Tbsp., 2 slices)
47 Toasted Cheese Sandwich (2 slices each)
48 Large Chef Salad with Meat and Cheese (See Dressing) (1 oz. cheese, 2 oz. meat, 2½ cups tossed salad)
49 Cheese Pizza (½ of 10" pie)
50 Taco (1)
51 Chili with Beans (1 cup)
52 Cottage Cheese (½ cup)
53 Roast Beef (3 oz.)
54 Steak (6 oz.)
55 Fried Chicken Drumstick (1)
56 Broiled Chicken Breast (3.5 oz.)
57 Broiled Fish (3.5 oz.)
58 Baked Ham (3 oz.)
59 Liver and Bacon (3 oz. liver, 2 strips bacon)
60 Pork Chop (3 oz.)
61 Barbecued Ribs (¾ lb. ribs)
62 Meat Loaf (4 oz.)
63 Cheese Quiche (1/6 pie)
64 Beef Stew and Vegetables (1 cup)
65 Spaghetti and Meatballs (1 cup)
66 Macaroni and Cheese (1 cup)
67 Tuna and Noodle Casserole (1 cup)
68 Baked Beans (½ cup)
69 Chow Mein and Noodles (1¼ cup)
70 Diet Meal Bar (2 bars)

JUICES/BEVERAGES

71 Orange Juice (½ cup)
72 Tomato Juice (½ cup)
73 Apple Juice (½ cup)
74 Coffee (1 cup)
75 Tea (1 cup)
76 Milk Shake (8 oz.)
77 Hot Chocolate (1 cup)
78 Skim Milk (1 cup)
79 Whole Milk (1 cup)
80 Soft Drink (1 can)
81 Diet Soft Drink (1 can)
82 Wine (6 oz.)
83 Beer (1 can)
84 Liquor (1 oz.)

SALADS/VEGETABLES

85 Cole Slaw (½ cup)
86 Tossed Salad (1 cup) (See Dressing)
87 Tomato Slices (½ tomato)
88 Gelatin Salad with Fruit (½ cup)
89 Three Bean Salad (½ cup)
90 Green Beans (½ cup)
91 Bean Sprouts (½ cup)
92 Beets (½ cup)
93 Broccoli (½ cup)
94 Cooked or Raw Carrots (½ cup)
95 Cauliflower with Cheese Sauce (½ cup)
96 Corn (½ cup)
97 Peas (½ cup)
98 Baked Sweet Potatoes (½ cup)
99 Zucchini (½ cup)
100 French Fried Onion Rings (8 rings)
101 Spinach or Cooked Greens (½ cup)
102 Rice (½ cup)
103 Baked Potato (1 medium)
104 French Fries (10 fries)
105 Mashed Potatoes (½ cup)
106 Potato Salad (½ cup)

DESSERTS

107 Carrot Cake with Cream Cheese Frosting (3" square)
108 Frosted Chocolate Cake (3" square)
109 Angel Food or Sponge Cake (1/16 cake)
110 Apple Pie (⅛ pie)
111 Pecan Pie (⅛ pie)
112 Fruit Cocktail (½ cup)
113 Chocolate Pudding (½ cup)
114 Ice Cream (½ cup)
115 Chocolate Sauce (2 Tbsp.)

SNACKS

116 Frozen Yogurt (½ cup)
117 Raisins (2 Tbsp.)
118 Candy Bar (1 oz.)
119 Oatmeal Raisin Cookies (2)
120 Chocolate Chip Cookies (2)
121 Brownie (1)
122 Unbuttered Popcorn with Salt (1 cup)
123 Salted Peanuts (¼ cup)
124 Peanut Butter (1 Tbsp.)
125 Potato Chips (10 large)

DRESSINGS/SPREADS/ETC.

126 Butter or Margarine (1 pat)
127 Jam, Jelly or Honey (1 Tbsp.)
128 Gravy (¼ cup)
129 Sour Cream (1 Tbsp.)
130 Mayonnaise (1 Tbsp.)
131 French or Italian Dressing (1 Tbsp.)
132 Blue Cheese or Creamy Dressing (1 Tbsp.)
133 Low Calorie Dressing (1 Tbsp.)
134 Catsup (1 Tbsp.)
135 Cream (1 Tbsp.)
136 Sugar (1 tsp.)

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THE EAT SMART® PROGRAM'S ANALYSIS OF YOUR FOOD CHOICES

Record your nutrient totals for the day in the chart below.

% OF THE RECOMMENDED DIETARY ALLOWANCE (RDA) FOR YOUR GROUP

	Protein	*Vitamin A*	*Vitamin C*	*Thiamine*	*Riboflavin*	*Niacin*	*Calcium*	*Iron*	*Calories*
BREAKFAST	_____	_____	_____	_____	_____	_____	_____	_____	_____
LUNCH	_____	_____	_____	_____	_____	_____	_____	_____	_____
DINNER	_____	_____	_____	_____	_____	_____	_____	_____	_____
SNACKS	_____	_____	_____	_____	_____	_____	_____	_____	_____
TOTALS	_____	_____	_____	_____	_____	_____	_____	_____	_____

SODIUM TOTAL: _____ milligrams CHOLESTEROL TOTAL: _____ milligrams

_____% of the calories in your food choices come from fat.

Check below the suggestions the computer offered for improving your diet.

____ You're a smart eater!

____ You've done well at choosing foods that provide more than 2/3 of the RDA for vitamins and minerals, and the number of calories seems appropriate.

____ Your food choices provide more than 2/3 of the RDA for protein, minerals and vitamins, but your calories seem high.

____ Caution: You're getting less than 2/3 of the RDA for protein, vitamins and minerals and more calories than you need.

____ Your food choices provide less than 2/3 of the RDA for some nutrients and your calories are low.

____ Your food choices supply **less** than 2/3 of the RDA for **protein**.

____ Your food choices supply **more protein** than you really need.

____ Your food choices provide less than 2/3 of the RDA for **vitamin A.**

____ Your food choices do not provide 2/3 of the RDA for **vitamin C**.

____ You're getting less than 2/3 of the RDA for the **B vitamins** (thiamine, riboflavin and niacin).

____ Your food choices provide less than 2/3 of the RDA for **calcium**.

____ Your food choices supply less than 2/3 of the RDA for **iron**.

____ During and immediately after pregnancy, you need more **iron** than your diet can provide.

____ You may want to note that you have selected foods high in **fat**.

____ If you are concerned about **cholesterol**, you may want to note the amount in the foods you've selected.

____ If you are concerned about getting too much **sodium**, note the amount in the foods you've selected.

____ **Snacks** between meals can supply you with nutrients that may be lacking in your regular meals. But be sure to watch your snacking—it's easy to get too many calories, too.

This computer analysis of the foods you have chosen is based on the Recommended Dietary Allowances (RDAs) established by the Food and Nutrition Board, National Academy of Sciences-National Research Council. The RDAs provide generous amounts of nutrients needed for good health. (No RDAs have been established for sodium or cholesterol.) Read the "Learn How to Be a Wise Eater" brochure for further explanations.

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EAT SMART® FROM PILLSBURY

NUTRITION PROGRAM

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APPLYING THE COMPUTER'S SUGGESTIONS

Below are five situations describing what the computer told some people about their food choices. Answer the questions following each situation, using the "Learn How To Be A Wise Eater" booklet as a reference.

1. John used the computer to analyze the foods he ate in one day. The computer told him:

> *"Your food choices provide less than 2/3 of the RDA for vitamin A. Deep yellow fruits and vegetables such as carrots, sweet potatoes, apricots and cantaloupe are good sources. Egg yolk, liver and dark leafy green vegetables like spinach and turnip greens are also high in vitamin A."*

What are three things vitamin A does in the body?

List a dinner menu for John that includes a food high in vitamin A.

2. Jennifer analyzed her food choices for one day. One thing the computer told her was the following:

> *"Your food choices supply less than 2/3 of the RDA for iron. Iron-rich foods are lean meat, especially liver, dried beans and peas, whole grain and enriched breads and cereals, prune juice, dried and cooked apricots."*

What does iron do in the body?

What three foods that are good sources of iron could you suggest to Jennifer if she wants a snack?

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3. The teachers at Jefferson High analyzed their food choices using the EAT SMART® computer program. Many of them were told the following by the computer:

> *"You're getting less than 2/3 of the RDA for the B vitamins (thiamine, riboflavin and niacin). Good sources of B vitamins are whole grain and enriched breads and cereals, pork, milk, dark leafy green vegetables and dried beans and peas."*

What do the B vitamins help your body do?

List five foods that are good sources of B vitamins you could suggest to these teachers.

4. Chris analyzed the foods she ate in one day using the EAT SMART® computer program. The computer told her:

> *"Caution: You're getting less than 2/3 of the RDA for protein, vitamins and minerals and more calories than you need. Learning more about good nutrition could help."*

Chris is concerned about her weight and would like some suggestions that would help her in "counting calories."

"Cutting down on foods high in fat is a good way to cut down on calories." This is true because . . . (check the true statement below)

___ All fat you eat immediately turns into body fat

___ Fat has twice as many calories per ounce as protein and carbohydrate.

___ Fat has half as many calories per ounce as protein and carbohydrate.

Cutting down on foods high in fat can include both visible and invisible fat.
List two foods high in fat which are examples of visible fat and invisible fat.

visible fats _____ _____

invisible fats _____ _____

What foods could Chris eat to have the most nutrients for the number of calories?

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5. Shelly selected from the Food Worksheet foods that she ate in one day. The computer analysis revealed that her food choices provided more than 125% of the RDA for protein. She noticed that many of her friends also were told this. Following is what the computer printed:

> *"Your food choices supply more protein than you really need. You could eat smaller portions of protein-rich foods such as meat, fish, cheese and eggs."*

Shelly was surprised at this, so she asked their teacher about it. Their teacher told her that many people in the United States eat more protein-rich foods than they actually need. She also said that many are choosing to get some of their protein from foods which are sources of partially complete protein, so it's important that they combine foods to get all the essential amino acids.

List some reasons people may eat more protein that they need.

What is the difference between complete protein and partially complete protein?

Shelly is interested in knowing more about the protein she is getting when she eats one of these for lunch. Mark the following foods with an A if the protein is complete and comes from an animal source; PP if the protein is partially complete and comes from a plant source; PC if foods from plants have been combined to make a complete protein; and B if foods from both plants and animals were combined to make a complete protein.

_____ macaroni and cheese

_____ hamburger patty

_____ peanut butter on whole wheat bread

_____ cheese

_____ split pea soup and cornbread

_____ baked beans

_____ peanuts

_____ baked beans and brown bread

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EAT SMART® FROM PILLSBURY NUTRITION PROGRAM

ORDER FORM

The EAT SMART® nutrition computer program is an easy-to-use computer program that analyzes an individual's diet for one day in terms of his or her Recommended Dietary Allowances for key nutrients. It is written for an Apple II computer with 48K memory, DOS 3.3.

To order, send order form and check or money order, payable to The Pillsbury Company in U.S. dollars, to:

EAT SMART® Kit, M/S 3286
Consumer Public Relations
The Pillsbury Company
Pillsbury Center
Minneapolis, MN 55402

WE REGRET WE CANNOT ACCEPT INVOICE ORDERS.

	QUANTITY	PRICE
EAT SMART® KIT Includes one floppy disk, program manual, 30 copies of food worksheet, 30 copies of "Learn How to Be a Wise Eater" brochure, master copies of four supplementary worksheets and reference materials. $19.75 (includes tax and postage)	_____	_____
REPLACEMENT EAT SMART® PROGRAM DISK $14.75 (includes tax and postage)	_____	_____
ADDITIONAL COPIES OF "LEARN HOW TO BE A WISE EATER" BROCHURE Set of 25 brochures/$3 (includes tax and postage)	_____	_____
	TOTAL	$_____

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NUTRITION COMPILATIONS FOR

NUTRITION COMPUTER PROGRAM

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SOURCES FOR NUTRIENT VALUES

As identified by the following codes, nutrient values for foods used in the

EAT SMART® computer program were compiled from these sources:

B & C	Bowes and Church's Food Values of Portions Commonly Used
TPC Ckbk	Nutritional analysis of a recipe from Pillsbury Kitchens' Family Cookbook, based on U.S.D.A. Handbook No. 456 and Pillsbury's computerized data base
TPC	Nutritional analysis of a Pillsbury product
Green Giant	Nutritional analysis of a Green Giant product
Numbers or Number/letter Codes	Identify handbook number in U.S. Department of Agriculture Handbook No. 456

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Hand-book No. or Source	Item	Serving Size Vol.	Grams	Cal	Nutritive Value of Foods Pro (g)	Cho (g)	Fat (g)	Chol (mg)	Sod (mg)	Vit A (IU)	Vit C (mg)	Thia (mg)	Ribo (mg)	Nia (mg)	Calc (mg)	Iron (mg)
	FRUITS															
13C	Apple	1	150	80	0	20	1	0	1	124	5	.05	.03	.1	10	.4
39E	Dried Apricots	10 Halves	35	91	2	23	.2	0	9	3815	4	0	.06	1.2	23	1.9
141B	Banana	1	175	100	1	26	.2	0	1	226	12	.05	.07	.8	10	.8
1358B	Cantaloupe	1/4	239	40	1	10	0	0	15	4620	45	.06	.04	.8	20	.6
1056B	Grapefruit	1/2	175	41	.5	11	0	0	1	10	36	.04	.02	.2	14	.4
1085B	Grapes	1/2 Cup	80	54	.5	14	.3	0	2	80	3	.04	.02	.2	10	.3
1420A	Orange	1	180	64	1	16	.3	0	1	263	66	.13	.05	.5	54	.5
1480E	Canned Peaches	1/2 Cup	122	38	.5	10	0	0	2	549	4	.01	.04	.7	5	.4
1616F	Pineapple Chunks	8	105	78	0	20	0	0	1	53	7	.08	.02	.2	12	.3
1640A	Fresh Plum	1	70	32	0	8	0	0	1	165	4	.02	.02	.3	8	.3
2217E	Sliced Strawberries	1/2 Cup	75	28	.5	6	.4	0	1	45	44	.02	.05	.5	16	.7
2424C	Watermelon	1 Cup	160	42	1	10	0	0	2	944	11	.05	.05	.3	11	.8
	BREADS AND CEREALS															
461B	White Bread or Toast	1 Slice	28	77	2.5	14	1	1	144	0	0	.07	.07	.1	24	.7
471B	Whole Wheat Bread or Toast	1 Slice	25	61	2.5	12	1	1	132	0	0	.07	.03	.7	25	.8
410A	Baking Powder Biscuit	1	28	105	2	13	5	5	178	0	0	.06	.06	.5	34	.5
B&C	English Muffin	1 Whole	57	131	4	26	1	0	251	0	0	.23	.14	2	80	1.5
1898A	Dinner Roll	1	35	119	3	20	3	12	98	28	0	.09	.09	.8	16	.7
B&C	Banana Bread	1 Slice	49	134	2	23	4	20	180	273	0	.06	.06	.5	8	.4
1346B	Bran Muffin	1	40	104	3	17	4	1	179	92	0	.07	.10	1.6	57	1.5
866A	Corn or Wheat Flakes	1 Cup	25	177	6	27	4	17	312	1350	10	.32	.56	3	148	.6
1320B	with Milk	1/2 Cup	122													

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Hand-book No. or Source	Item	Serving Size Vol.	Grams	Cal	Nutritive Value of Foods Pro (g)	Cho (g)	Fat (g)	Chol (mg)	Sod (mg)	Vit A (IU)	Vit C (mg)	Thia (mg)	Ribo (mg)	Nia (mg)	Calc (mg)	Iron (mg)
	BREADS AND CEREALS (continued)															
2459	Frosted Flakes	1 Cup	35	212	6	37	5	17	117	1820	14	.44	.71	4.2	151	1.2
1320B	with Milk	1/2 Cup	122													
1391	Oatmeal	1 Cup	240	212	9	29	7	17	584	175	1	.22	.25	.4	166	1.4
1320B	with Milk	1/2 Cup	122													
1457B	Pancakes	3	81	355	6	52	14	60	560	532	0	.17	.22	.7	216	1.3
1317E	Margarine	2 Pats	10													
2049D	Syrup	1 Tbsp.	39													
2417	Waffle	1	75	292	7	40	12	45	565	339	1	.17	.24	.9	200	1.4
1317	Margarine	1 Pat	5													
2049	Syrup	1 Tbsp.	20													
957B	Doughnut	1	42	164	2	22	8	25	210	34	0	.09	.08	0	17	.6
1899F	Sweet Roll	1	65	274	5	30	15	42	240	202	0	.04	.10	.5	33	1.2
916	Crackers	2	6	24	.5	4	1	0	60	0	0	0	0	.1	1	.3
2457	Wheat Germ	1 Tbsp.	6	23	2	3	1	0	0	7	1	.11	.05	.3	3	.5
	SOUPS															
2100	Cream of Tomato	1 Cup	250	173	6.5	23	7	18	1055	1200	15	.1	.25	1.3	168	.8
2104	Beef and Vegetable	1 Cup	245	78	5	10	2	25	1046	2700	0	.05	.05	1	12	.7
2079	Chicken Noodle	1 Cup	240	62	3	8	2	14	980	48	0	.02	.02	.7	10	.5
2090	Cream of Mushroom	1 Cup	245	216	7	16	14	27	1040	245	1	.05	.34	.7	191	.5
TPC ckbk	Lentil	1 Cup	220	125	4	25	1	2	400	1000	4	.05	.07	.6	60	2

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	MAIN DISHES/SANDWICHES															
9736	Fried or Scrambled Egg	1	52	112	7	0	9	291	176	738	0	.05	.16	0	31	1.2
976B	Poached Egg	1	50	157	9	15	7	253	277	585	0	.13	.19	.9	52	1.8
462B	on Toast	1 Slice														
968B	Omelet	2 Eggs	134	208	14	2	16	510	175	1351	0	.11	.32	.1	72	2.4
1320B																
1317B																
974B	Hard Cooked Egg	1	57	82	6.5	.5	6	253	61	592	0	.05	.14	0	27	1.2
126D	Bacon	2 Slices	15	90	4	.5	8	13	153	0	0	.08	.05	.8	2	.5
B&C	Fruit Yogurt	8 Oz.	227	231	10	43	2.5	10	133	104	2	.09	.4	.2	345	.1
2481A	Plain Yogurt	8 Oz.	227	113	8	12	4	1	115	154	2	.09	.41	.2	271	0
370C	Hamburger	3 Oz.	122	354	23	21	19	79	251	31	0	.23	.26	6	39	3.4
1902C	and Bun															
1994B	Hot Dog	2 Oz.	97	295	10	22	18	39	829	0	0	.25	.21	2.9	34	1.9
1902C	and Bun															
646P	Cheddar Cheese	1 Oz.	28	113	7	.6	9	28	198	371	0	.01	.13	0	213	.3
2145A	Tofu	3 Oz.	100	86	9	5	3	0	8	0	0	.07	.04	.1	154	2.3
	Tuna Sandwich			329	20	32	13	69	943	297	1	.28	.26	7	69	2.8
2326	Tuna Salad	1/2 Cup	103													
461B	Bread	2 Slices	57													
	Peanut Butter Sand.			342	13	35	18	2	481	0	0	.27	.18	6.6	66	2
1499F	Peanut Butter	2 Tbsp.	32													
461B	Bread	2 Slices	56													

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Handbook No. or Source	Item	Serving Size Vol.	Grams	Cal	Nutritive Value of Foods: Pro (g)	Cho (g)	Fat (g)	Chol (mg)	Sod (mg)	Vit A (IU)	Vit C (mg)	Thia (mg)	Ribo (mg)	Nia (mg)	Calc (mg)	Iron (mg)
	MAIN DISHES/SANDWICHES (continued)															
	Toasted Cheese Sand.			234	10	26	9	26	555	318	0	.17	.23	1.7	226	1.4
653F	Cheese	2 Slices	26													
462E	Bread	2 Slices	44													
	Chef Salad		343	348	28	13	21	205	560	2960	19	.31	.45	4.3	285	3.5
	Tossed Salad	2-1/2 Cups														
646P	Cheese	1 Oz.														
2335D	Turkey	1 Oz.														
1769F	Ham	1 Oz.														
974B	Egg	1/2														
261G	Croutons	1 Tbsp.														
TPC	Cheese Pizza-10"	1/2 Pie	167	420	14	41	22	100	945	586	4	.35	.40	3.2	336	2.3
B&C	Taco	1	83	186	15	14	8	34	401	120	0	.09	.16	2.9	120	2.5
756	Chili w/Beans	1 Cup	255	340	19	31	16	43	1354	153	0	.08	.18	3.3	82	4.3
647D	Cottage Cheese	1/2 Cup	105	112	14	3	4	20	240	180	0	.03	.26	.1	99	.3
330F	Roast Beef	3 Oz.	85	205	24	0	11	77	60	20	0	.06	.18	4.3	10	3
270A	Steak	6 Oz.	165	368	50	0	17	150	123	26	0	.13	.4	9.7	20	6
709B	Fried Chicken Drumstick	1	56	88	12	.4	4	34	53	53	0	.03	.15	2.7	6	0
728D	Broiled Chicken Breast	3.5 Oz.	100	182	32	0	5	80	66	120	0	.08	.10	11.8	12	1.4
47701	Broiled Fish	3.5 Oz.	100	93	19	0	1	56	51	0	0	.25	.16	2.3	0	.4
1769F	Baked Ham	3 Oz.	85	246	18	0	19	76	636	0	0	.4	.15	3.1	8	2.2
	Liver and Bacon			311	29	4	19	385	255	27795	32	.28	3.6	15	13	12.6
1269A	Liver	3 Oz.	85													
126D	Bacon	2 Strips	15													
1719E	Pork Chop	3 Oz.	85	216	25	0	12	75	61	0	0	.92	.26	5.5	11	3.2
TPC ckbk	Barbecued Ribs	3/4 lb. ribs	341	300	24	38	29	210	1842	1000	17	.20	.27	7	70	4.9

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Hand-book No. or Source	Item	Serving Size Vol.	Grams	Cal	Nutritive Value of Foods Pro (g)	Cho (g)	Fat (g)	Chol (mg)	Sod (mg)	Vit A (IU)	Vit C (mg)	Thia (mg)	Ribo (mg)	Nia (mg)	Calc (mg)	Iron (mg)
	MAIN DISHES/SANDWICHES (continued)															
TPC ckbk	Meat Loaf	4 Oz.	112	279	22	6	18	117	458	1450	4	.11	.24	4.8	30	3.2
TPC ckbk	Cheese Quiche	1/6 Pie	172	490	18	8	38	178	627	1245	1	.17	.37	1.2	332	1.8
371A	Beef Stew & Vegetables	1 Cup	245	218	16	15	11	64	90	2401	17	.15	.17	4.7	29	2.9
2165B	Spaghetti & Meatballs	1 Cup	248	332	19	39	12	74	1010	1587	22	.25	.36	4	124	3.7
1304B	Macaroni and Cheese	1 Cup	200	430	17	40	22	68	1086	860	1	.2	.4	1.8	362	1.8
TPC ckbk	Tuna Noodle Casserole	1 Cup	280	453	35	30	21	92	535	3700	5	.24	.6	8	430	3.4
156D	Baked Beans	1/2 Cup	128	156	8	24	3	5	590	166	3	.1	.04	.8	69	2.3
	Chow Mein&Noodles	1-1/4 Cup	262	310	32	17	13	79	830	275	10	.08	.23	4.4	61	2.6
764A	Chow Mein															
1381C	Noodles															
TPC	Diet Meal Bar	2 Bars	50	275	11	21	16	0	70	1250	15	.38	.43	5	250	4.5
	JUICES/BEVERAGES															
1437B	Orange Juice	1/2 Cup	125	61	.9	14	0	0	1	270	60	.11	.01	.5	12	.1
2288D	Tomato Juice	1/2 Cup	122	23	1	5	0	0	243	972	19	.06	.04	1.0	9	1.1
27E	Apple Juice	1/2 Cup	125	59	0	15	0	0	1	0	1	.01	.03	.1	8	.7
800B	Coffee	1 Cup	240	2	0	1	0	0	2	0	0	0	0	.5	4	.2
B&C	Tea	1 Cup	240	5	0	2	0	0	2	0	0	0	.02	0	17	0
1330	Milkshake	1 Cup	235	244	11	28	10	56	214	588	2	.1	.5	.2	317	.7
1331B	Hot Chocolate	1 Cup	250	190	8.3	27	6	20	115	210	3	.1	.4	.3	270	.5
1322B	Skim Milk	1 Cup	245	88	9	12	0	5	127	10	2	.10	.44	.2	294	.1
1320B	Whole Milk	1 Cup	245	160	9	12	9	34	122	351	2	.07	.41	.2	288	.1

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	JUICES/BEVERAGES (continued)															
404A	Soft Drink	12 Oz.	369	144	0	37	0	0	0	0	0	0	0	0	0	0
409A	Diet Soft Drink	12 Oz.	355	0	0	0	0	0	0	0	0	0	0	0	0	0
401B	Wine	6 Oz.	174	150	0	7	0	0	0	0	0	0	.02	.2	18	0
394A	Beer	12 Oz.	360	151	1	14	0	0	25	0	0	0	.11	2.2	18	0
396B	Liquor	1 Oz.	28	71	0	0	0	0	0	0	0	0	0	0	0	0
	SALADS/VEGETABLES															
804	Coleslaw	1/2 Cup	60	60	.7	4	5	5	75	90	17	.03	.03	.2	26	.3
	Tossed Salad 1258I, 943B, 619D, 2282C	1 Cup	107	18	1	4	0	0	10	1112	11	.05	.05	.4	20	.5
2282C	Tomato Slices	1/2 Tomato	50	10	.5	2	.1	0	1	410	10	.03	.02	.3	6	.3
1033B	Gelatin Salad with Fruit	1/2 Cup	60	80	1.6	20	.1	0	41	0	2	0	0	0	0	0
TPC ckbk	Three-Bean Salad	1/2 Cup	153	133	3	19	6	0	367	150	9	.03	.05	0	40	1.6
183A	Green Beans	1/2 Cup	63	16	1	3	0	0	2	338	8	.04	.06	.3	31	.4
180A	Bean Sprouts	1/2 Cup	53	19	2	3	0	0	3	11	10	.07	.07	.4	10	.7
385B	Beets	1/2 Cup	85	27	1	6	0	0	37	17	5	.03	.03	.3	12	.7
486C	Broccoli	1/2 Cup	93	24	3	4	0	0	14	2405	53	.06	.11	.5	50	.6
620A	Cooked or Raw Carrots	1/2 Cup	78	24	.7	5	0	0	26	8138	5	.04	.04	.4	26	.4
Green Giant	Cauliflower with Cheese Sauce	1/2 Cup	113	65	2.5	6.5	3	0	366	2000	12	.06	.07	.4	300	.5
845A	Corn	1/2 Cup	83	69	2.7	15	1	0	248	330	6	.09	.08	1.1	3	.5
1517D	Peas	1/2 Cup	125	82	4	15	0	0	294	560	11	.11	.06	1.1	25	2

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	MAIN DISHES/SANDWICHES (continued)															
TPC ckbk	Meat Loaf	4 Oz.	112	279	22	6	18	117	458	1450	4	.11	.24	4.8	30	3.2
TPC ckbk	Cheese Quiche	1/6 Pie	172	490	18	8	38	178	627	1245	1	.17	.37	1.2	332	1.8
371A	Beef Stew & Vegetables	1 Cup	245	218	16	15	11	64	90	2401	17	.15	.17	4.7	29	2.9
2165B	Spaghetti & Meatballs	1 Cup	248	332	19	39	12	74	1010	1587	22	.25	.36	4	124	3.7
1304B	Macaroni and Cheese	1 Cup	200	430	17	40	22	68	1086	860	1	.2	.4	1.8	362	1.8
TPC ckbk	Tuna Noodle Casserole	1 Cup	280	453	35	30	21	92	535	3700	5	.24	.6	8	430	3.4
156D	Baked Beans	1/2 Cup	128	156	8	24	3	5	590	166	3	.1	.04	.8	69	2.3
	Chow Mein&Noodles	1-1/4 Cup	262	310	32	17	13	79	830	275	10	.08	.23	4.4	61	2.6
764A	Chow Mein															
1381C	Noodles															
TPC	Diet Meal Bar	2 Bars	50	275	11	21	16	0	70	1250	15	.38	.43	5	250	4.5
	JUICES/BEVERAGES															
1437B	Orange Juice	1/2 Cup	125	61	.9	14	0	0	1	270	60	.11	.01	.5	12	.1
2288D	Tomato Juice	1/2 Cup	122	23	1	5	0	0	243	972	19	.06	.04	1.0	9	1.1
27E	Apple Juice	1/2 Cup	125	59	0	15	0	0	1	0	1	.01	.03	.1	8	.7
800B	Coffee	1 Cup	240	2	0	1	0	0	2	0	0	0	0	.5	4	.2
B&C	Tea	1 Cup	240	5	0	2	0	0	2	0	0	0	.02	0	17	0
1330	Milkshake	1 Cup	235	244	11	28	10	56	214	588	2	.1	.5	.2	317	.7
1331B	Hot Chocolate	1 Cup	250	190	8.3	27	6	20	115	210	3	.1	.4	.3	270	.5
1322B	Skim Milk	1 Cup	245	88	9	12	0	5	127	10	2	.10	.44	.2	294	.1
1320B	Whole Milk	1 Cup	245	160	9	12	9	34	122	351	2	.07	.41	.2	288	.1

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	SALADS/VEGETABLES (continued)															
2249A	Baked Sweet Potatoes	1/2 Cup	110	120	2	28	0.5	0	10	6950	19	.08	.06	.6	35	.8
2198A	Zucchini	1/2 Cup	90	11	1	2	0	0	1	270	8	.05	.07	.7	22	.3
B&C	French Fried Onion Rings	8	85	300	6	33	17	0	453	0	2	.09	0	.4	20	.4
2171E	Spinach or Cooked Greens	1/2 Cup	116	22	2.3	3.5	.5	0	274	6380	16	.02	.12	.3	99	2.5
1872A	Rice	1/2 Cup	103	112	2	25	0	0	385	0	0	.11	.01	1	10	.9
1786A	Baked Potato	1 Med.	152	109	3	25	0	0	5	0	23	.12	.05	2	11	.8
1789A	French Fries	10	18	214	3	28	10	0	340	0	16	.1	.06	2.4	12	1
1792A	Mashed Potatoes	1/2 Cup	105	69	2	14	1	2	316	21	11	.08	.05	1.1	25	.4
1811A	Potato Salad	1/2 Cup	125	124	3	20	3.5	33	660	175	14	.1	.09	1.4	40	.8
	DESSERTS															
TPC ckbk	Carrot Cake with Cream Cheese Frosting	3" Square	183	761	8	85	45	98	373	2600	2	.23	.22	1.4	40	1.6
526B	Frosted Chocolate Cake	3" Square	99	365	4.5	55	16	48	233	160	0	.02	.10	.2	70	1
550C	Angel Food or Sponge Cake	1/16 Cake	40	104	2	24	0	0	58	0	0	.02	.04	0	38	.1
1566C	Apple Pie	1/8 Pie	118	302	2.6	45	13	12	355	35	1	.02	.02	.5	9	.4
1580C	Pecan Pie	1/8 Pie	103	431	5.3	53	24	65	228	165	0	.16	.07	.3	48	2.9
1023D	Fruit Cocktail	1/2 Cup	128	97	.5	25	.2	0	6	179	3	.03	.01	.5	11	.5
1826B	Chocolate Pudding	1/2 Cup	130	161	4	30	4	16	168	169	1	.03	.20	.1	133	.4
1139D	Ice Cream	1/2 Cup	67	129	3	14	7	27	42	293	1	.03	.14	.1	98	.1
760C	Chocolate Sauce	2 Tbsp.	38	92	1	24	1	0	20	0	0	.01	.03	.2	6	.6

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	SNACKS															
B&C	Frozen Yogurt	1/2 Cup	113	108	3.5	21	1	0	0	0	0	.01	.13	0	100	0
1846F	Raisins	2 Tbsp.	18	52	0	14	0	0	5	4	0	.02	.01	.1	12	.6
586	Candy Bar	1 Oz.	28	150	1	16	10	0	9	3	0	.01	.04	.1	27	.4
826B	Oatmeal Raisin Cookies	2	26	118	1.6	19	4	10	42	13	0	.07	.05	.5	5	.7
817	Chocolate Chip Cookies	2	20	103	1	12	6	10	70	22	0	.03	.03	.3	7	.4
814B	Brownie	1	25	103	1	15	5	10	49	54	0	.02	.02	.1	10	.4
1655	Unbuttered Popcorn With Salt	1 Cup	9	41	1	5	2	0	175	0	0	.03	.01	.2	1	.2
1496	Salted Peanuts	1/4 Cup	36	210	9	7	18	0	150	0	0	.01	.05	6	27	.8
1499F	Peanut Butter	1 Tbsp.	16	94	4	3	8	0	97	0	0	.02	.02	2.4	9	.3
1809A	Potato Chips	10 Large	20	114	1	10	8	0	200	0	3	.04	.01	1	8	.4
	DRESSINGS/SPREADS, ETC.															
1317D	Butter or Margarine	1 Pat	5	34	0	0	4	0	46	155	0	0	0	0	1	0
1148E	Jam, Jelly or Honey	1 Tbsp.	20	54	0	14	0	0	2	2	0	0	.01	0	4	.2
B&C	Gravy	1/4 Cup	72	164	0	8	14	8	720	0	0	0	0	0	0	.4
B&C	Sour Cream	1 Tbsp.	12	26	.4	.5	2.5	5	6	95	0	0	.2	0	14	0
1938B	Mayonnaise	1 Tbsp.	15	101	0	.3	11	0	84	40	0	0	.01	0	3	.1
1936B	French or Italian Dressing	1 Tbsp.	15	83	0	1	9	0	314	0	0	0	0	0	2	0
1929B	Blue Cheese or Creamy Salad Dressing	1 Tbsp.	15	76	.7	1	8	0	165	30	0	0	.02	0	12	0

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	DRESSINGS, SPREADS, ETC (continued)															
1941B	Low Calorie Dressing	1 Tbsp.	16	22	0	1	2	8	19	40	0	0	0	0	3	0
2286G	Catsup	1 Tbsp.	15	16	0	4	0	0	156	210	2	.01	.01	.2	3	.1
928B	Cream	1 Tbsp.	15	20	.5	.7	2	6	7	72	0	0	.02	0	16	0
2230C	Sugar	1 Tsp.	4	15	0	4	0	0	0	0	0	0	0	0	0	0

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EAT SMART® FOOD SUBSTITUTION LIST

The 136 items listed on the EAT SMART® food worksheet were carefully selected to offer a wide variety of commonly-eaten foods. However, you may still have additional foods you wish to include in your analysis.

The program size prevents the addition of more food items to the Food Worksheet, but this sheet lists additional foods that are similar in calories and nutrient levels to foods or combinations of items on the Food Worksheet.

To use this sheet, find the food choice in the left column, then enter the substitute food item and number of servings shown in the right column.

FRUITS

FOOD	SUGGESTED SUBSTITUTION
Applesauce	1 apple (#1) 2 servings sugar (#136)
Fruit cup, 1/2 cup	1 serving fruit cocktail (#112)
Melon, 1/4 cup	1 serving peaches (#8)
Pear	1 apple (#1)
Prunes, 2	1 plum (#10)

BREADS AND CEREALS

FOOD	SUGGESTED SUBSTITUTION
Bagel	2 servings bread (#13)
Cornbread, 1 piece	1 serving bread (#13) .5 serving corn (#96) 1 serving butter (#126)
French toast, 1 slice	1 serving waffle (#24)
Graham crackers, 2 squares	1 serving bread (#13)
Grits, 1 cup	1 serving oatmeal with milk (#22)
Stuffing, 1/2 cup	1 serving bread (#13) .5 serving mashed potatoes (#105) 1 serving butter (#126)

SOUPS

FOOD	SUGGESTED SUBSTITUTION
Bean soup, 1 cup	1 serving lentil soup (#33)
Broth, 1 cup	1 serving chicken noodle soup (#31)
Chili Con Carne, 1 cup	1 serving chili with beans (#51)
Clam chowder, 1 cup	1 serving cream of mushroom soup (#32) .5 serving potato (#103)
Corn chowder, 1 cup	1 serving cream of mushroom soup (#32) .5 serving corn (#96)
Gazpacho, 1 cup	2 servings tomato juice (#72)
Minestrone, 1 cup	1 serving beef and vegetable soup (#30)
Potato, 1 cup	1 serving cream of mushroom soup (#32) .5 serving potato (#103)
Split pea with ham, 1 cup	1 serving lentil soup (#33) 1 serving bacon (#38)

MAIN DISHES/SANDWICHES

FOOD	SUGGESTED SUBSTITUTION
Barbeque beef sandwich	1 serving roast beef (#53) 2 servings bread (#13) 3 servings catsup (#134)
Beef ravioli	1 serving spaghetti and meatballs (#65)
Beef tips with rice	1 serving roast beef (#53) 1 serving rice (#102) 1 serving gravy (#128)
Beef with noodles	1 serving roast beef (#53) 1 serving rice (#102)
Bologna sandwich	1 serving hot dog and bun (#42)
Burrito	1 serving dinner roll (#17) .5 serving chili with beans (#51) 2 servings butter (#126)
Cheeseburger	1 serving hamburger and bun (#41) 1 serving cheese (#43)
Chicken or turkey salad, 1/2 cup	.5 serving chicken (#56) .5 serving pineapple chunks (#9) 1 serving mayonnaise (#130)

MAIN DISHES/SANDWICHES (cont.)

FOOD	SUGGESTED SUBSTITUTION
Chicken pot pie	.5 serving chicken (#56) 2 servings bread (#13) 1 serving gravy (#128) 1 serving butter (#126) .5 serving carrots (#94)
Chicken sandwich	1 serving chicken (#56) 2 servings bread (#13)
Chicken with sauce	1 serving chicken (#56) 4 servings catsup (#134)
Chickenwich	2 servings dinner roll (#17) 1 serving chicken (#56) 3 servings butter (#126) 1 serving mayonnaise (#130)
Chopped steak	1 serving meatloaf (#62)
Clams	1 serving broiled fish (#57)
Club sandwich	3 servings bread (#13) 1 serving bacon (#38) .5 serving ham (#58) .5 serving chicken (#56) .5 serving tomato slices (#87) 1 serving mayonnaise (#130)
Cod	1 serving fish (#57)
Corn Dog/Pronto Pup	1 serving hot dog and bun (#42) 1 serving butter (#126)
Egg salad sandwich	2 servings bread (#13) 2 servings hard cooked eggs (#37) 1 serving mayonnaise (#130)
Enchilada	1 serving taco (#50) .5 serving chili with beans (#51)
Fish sticks	1 serving broiled fish (#57) 3 servings crackers (#27) 2 servings butter (#126)
Flounder	1 serving fish (#57)
French Dip	1 serving ham (#58) 4 servings dinner roll (#17) 1 serving gravy (#128)
Fried batter fish	1 serving fish (#57) 3 servings crackers (#27) 2 servings butter (#126)

MAIN DISHES/SANDWICHES (cont.)

FOOD	SUGGESTED SUBSTITUTION
Gumbo, 1 cup	1 serving beef and vegetable soup (#30) .5 serving fish (#57) .5 serving rice (#102)
Haddock	1 serving broiled fish (#57)
Ham and cheese sandwich	2 servings bread (#13) .5 serving ham (#58) 1 serving cheese (#43)
Ham sandwich	2 servings bread (#13) .5 serving ham (#58)
Hot dog (no bun)	2 servings bacon (#38)
Hot roast beef sandwich	2 servings bread (#13) 1 serving roast beef (#53) 1 serving gravy (#128)
Hot turkey sandwich	2 servings bread (#13) 1 serving chicken (#56) 1 serving gravy (#128)
Lasagna with meat sauce	1 serving spaghetti with meatballs (#65) 2 servings cheese (#43)
Manicotti with meat sauce	1 serving spaghetti with meatballs (#65) 2 servings cheese (#43)
Oysters	1 serving broiled fish (#57)
Pepperoni or sausage pizza	1 serving cheese pizza (#49) 2 servings bacon (#38)
Pork Barbeque	1 serving pork chop (#60) 3 servings catsup (#134)
Pot roast	1 serving roast beef (#53)
Roast lamb	1 serving roast beef (#53)
Roast pork	1 serving pork chop (#60)
Sausage, 1 link	1 serving bacon (#38)
Scallops	1 serving broiled fish (#57)
Sloppy Joe on Bun	1 serving hamburger and bun (#41) 3 servings catsup (#134)
Submarine Sandwich/Grinder/Hoagie Bun	4 servings dinner roll (#17) 1 serving cheese (#43) .5 serving ham (#58) .5 serving chicken (#56) 1 serving tomato slices (#87) 2 servings mayonnaise (#130)

MAIN DISHES/SANDWICHES (cont.)

FOOD	SUGGESTED SUBSTITUTION
Swiss steak	1 serving roast beef (#53) 1 serving tomato slices (#87)
Tostada	2 servings taco (#50) 1 serving cheese (#43) 1 serving sour cream (#129)
Turkey	1 serving chicken (#56)
Veal cutlets	1 serving roast beef (#53)
Veal Parmesan	1 serving roast beef (#53) 1 serving cheese (#43) 2 servings catsup (#134)

JUICES/BEVERAGES

FOOD	SUGGESTED SUBSTITUTION
Chocolate milk	1 serving skim milk (#78) 1 serving chocolate sauce (#115)
Grape juice	1 serving orange juice (#71)
Grapefruit juice	1 serving grapefruit (#5)
Iced tea	1 serving tea (#75)
Light beer	.5 serving beer (#83)

SALADS/VEGETABLES

Asparagus, 1/2 cup	1 serving green beans (#90)
Au gratin/scalloped potatoes, 1/2 cup	.5 serving potato (#103) 1 serving cheese (#43) 1 serving cream (#135)
Black eyed peas, 1/2 cup	1.5 servings peas (#97)
Brussels sprouts, 1/2 cup	1 serving broccoli (#93)
Cabbage, 1/2 cup	1 serving broccoli (#93)
Carrot/raisin salad, 1/2 cup	.5 serving carrots (#94) .5 servings raisins (#117) .5 serving mayonnaise (#130)
Chili beans/pinto beans/red beans, 1/2 cup	1 serving baked beans (#68)

SALADS/VEGETABLES (cont.)

FOOD	SUGGESTED SUBSTITUTION
Deep fried vegetables	1 serving french fried onion rings (#100)
Egg noodles, 1/2 cup	1 serving rice (#102)
Fruit salad, 1/2 cup	1 serving fruit cocktail (#112) 1 serving cream (#135)
Hash browns/tater tots, 1/2 cup	1 serving french fries (#104)
Lima beans, 1/2 cup	1 serving peas (#97)
Macaroni salad, 1/2 cup	.5 serving rice (#102) .5 serving peas (#97) .5 serving mayonnaise (#130)
Mixed vegetables, 1/2 cup	.5 serving peas (#97) .5 serving corn (#96)
Pickles	for each pickle add in by hand 930 mg of sodium
Sauerkraut, 1/2 cup	1 serving broccoli (#93) add in 500 mg sodium
Spanish rice, 1/2 cup	1 serving rice (#102) 1 serving catsup (#134)
Taco salad	2 servings tacos (#50) 1 serving tossed salad (#86) 1 serving creamy dressing (#132)

DESSERTS

FOOD	SUGGESTED SUBSTITUTION
Apple crisp	1 serving apple pie (#110)
Cherry pie, 1/8 pie	1 serving apple pie (#110)
Chocolate pie, 1/8 pie	1 serving chocolate pudding (#113) 2 servings chocolate chip cookies (#120) 1 serving cream (#135)
Pumpkin pie, 1/8 pie	1 serving baked sweet potatoes (#98) 1 serving bread (#13) 2 servings butter (#126)

SNACKS

FOOD	SUGGESTED SUBSTITUTION
Caramel corn, 1 cup	1 serving popcorn (#122) 2 servings sugar (#136) 1 serving butter (#126)
Corn chips	1 serving potato chips (#125)
Hard candy, 1 oz. or 6 pieces	7 servings of sugar (#136)
Nachos/jalapeno cheese sauce	2 servings potato chips (#125) 2 servings cheese (#43)

DRESSINGS/SPREADS/ETC.

FOOD	SUGGESTED SUBSTITUTION
Cream cheese, 1 oz.	4 servings sour cream (#129)
Oil and vinegar, 1 Tbsp.	1 serving French or Italian dressing (#131)
Thousand Island dressing, 1 Tbsp.	1 serving creamy dressing (#132)